



# 2<sup>nd</sup> Annual Hypertension Summit

**Register Now!**

March  
**16**  
2017

## Venue

Holiday Inn - Fargo  
3803 13th Avenue South  
Fargo, ND 58103

## Time

Registration: 11 a.m. to 12:30 p.m.  
Conference: 12:30 p.m. to 5:30 p.m.

Physician/Advanced Practice Training: 6 p.m. to 8 p.m.

To register for this FREE event, visit:  
[www.ndhealth.gov/heartstroke/events](http://www.ndhealth.gov/heartstroke/events)

The American Heart Association has applied for CEUs, CMEs, and education hours for physicians, physician assistants, and nurses.



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**Heart Disease & Stroke  
prevention program**

For more information please contact:  
Heart Disease & Stroke Prevention Program  
Division of Chronic Disease  
North Dakota Department of Health  
Phone: 701.328.2367 or 800.280.5512 (in ND)  
<https://heartstroke.health.nd.gov>

# Hypertension Summit Agenda

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**12:30 – 12:45**      **Welcome and Opening Remarks**

**12:45 – 1:15**      **Overview of Hypertension in North Dakota**  
**Tiffany Knauf, MAIS**

Overview of hypertension prevalence in North Dakota, and help to identify the importance of utilizing data and statistics to help prevent, control, and treat hypertension.

**1:15 – 1:30**      **Target: BP Program – American Heart Association**  
**Mindy Cook, BSN**

The Target: BP program is a new initiative by the American Heart Association that will support doctors and care teams in helping patients reach a blood pressure goal of less than 140/90 mm Hg, based on current AHA guidelines.

**1:30 – 2:00**      **Principles of the DASH Diet**  
**Lynn Holum, RDN, LD, CDE**

The DASH diet is an approach to healthy eating that's designed to help treat or prevent high blood pressure (hypertension). This session will help you identify the components of the DASH diet for patients. Identify the registered dietitian's role in patient education of DASH principles and identify techniques used for incorporating DASH principles into daily living.

**2:00 – 2:45**      **Blood Pressure Protocol**  
**Patricia Spier, RN-BC, PCMH-CCE, Barb Rice, RN-BC, and Robin Iszler, RN**

This session will highlight the statewide blood pressure protocol training that has been conducted throughout the fall, by briefly explaining why accuracy in BP measurement is critical in management of hypertension. Identify basic lifestyle recommendations to lower blood pressure. Recommend tools for education, workflow and an approved protocol for use to improve identification and management of people with elevated blood pressure. Discuss alternate blood pressure measurement sites.

**2:45 - 3:15**      **Break/Snack/Networking/Self-Care (Provided by Essentia Health)**

**3:15 - 4:15**      **Hypertension Overview**  
**Dr. Vincent Canzanello, M.D.**

This session will review current blood pressure goals and the role of ambulatory and home blood pressure monitoring in the diagnosis and treatment of hypertension. Pharmacologic treatment of hypertension will be reviewed as will the topic of resistant hypertension.

**4:15 - 5:15**      **How to Engage Patients When They Can't Feel the Problem: A MI Approach to Hypertension**  
**Dr. Jon Ulven, Ph.D., L.P.**

Motivational Interviewing (MI) is a great tool for staff working with patients of all motivation. This session will demonstrate ways to more effectively partner with patients and help staff practice acceptance of ways our patients' values differ from ours. Participants will be able to apply a MI approach to increasing readiness for change and illustrate options for collaborative goal-setting.

**5:15 - 5:30**      **Evaluation and Wrap up**



# Advanced Practice Session Agenda

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The Physician/Advanced Practice Session is designed to provide attendees with an in-depth look at the earlier presented hypertension topics. Thus attendees are not required to attend the full Hypertension Summit, and may register for just this session. If attendees want to attend both, presentation content will be complementary.

**6:00**                      **Welcome and Opening Remarks**

**6:00 - 7:00**              **Hypertension Update**  
**Dr. Vincent Canzanello, M.D.**

This session will review recently published studies that are both interesting and potentially practice changing. These topics will include a review of the SPRINT trial, the HOPE 3 trial, a study of the best add-on drug for the patient with resistant hypertension, and potentially new uses for an old drug (allopurinol).

**7:00 - 8:00**              **Stress Management Training and Cardiovascular Health: Have We Found the Holy Grail?**  
**Dr. Jon Ulven, Ph.D., L.P.**

This session will paraphrase and report the research-based link between stress management training and reduction of adverse cardiovascular events. Participants should be able to describe stress management training, identifying relevant components, and practice mindfulness exercise. Finally, participants will be able to illustrate ways to increase patient readiness to engage in stress management training.

**8:00**                      **Evaluation and Wrap up**



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